Health and Beauty

At present, the foolish fad among young women of reducing the diet below the requirements of the body, in order to acquire a stylish-like slimness, predisposes them to wasting diseases such as tuberculosis. Sufficient food provides reserves of energy. If the diet is too poor for the needs of the body, the tissues are attacked and weakened, thus one who is undernourished falls a ready prey to wasting diseases.

One would not try to run an automobile without sufficient oil and gasoline, yet some young girls are not eating enough substantial food to keep their bodies in health, because their favorite feminine movie stars are so thin that you can count all the bones in their necks.

Give your body good fuel in abundance, so that it will be equal to the demands of everyday life without destroying its own tissues, and planting the seeds of tuberculosis.

Vitamin A helps to prevent an infection, and you know that is what tuberculosis is. This vitamin is found in foods such as green beans, the leaves of plants, meats such as liver, eggs, milk and butter.

Our present day educational system accounts for many breakdowns among the students. The pace is not only too rapid in school but continuous social activities do not allow boys and girls sufficient time for much needed rest and relaxation. They have quite enough to keep them busy without belonging to social clubs and other affairs of a similiar nature that keep them keyed up and deprive them of sleep.

Tuberculosis is acquired by contact with one who has the disease in a communicable form. There are types of the disease that are not dangerous to others. It can be acquired by drinking the milk of tubercular cows, therefore it is always safer to pasteurize the milk before using it.

There is not much excuse today for a boy or girl to become ill from tuberculosis, without the knowledge that the germs were present in his body long before the breakdown. If he was in contact with a sufferer from the disease, it can be suspected in him. He should be given the tuberculin test, and if he reacts to it, then he should be X-rayed. In many cases the X-ray will show up minute tubercular areas that can be detected in no other way. If it progresses, it may be five or ten years before he becomes seriously ill. But, discovered in time, the disease may be arrested.

QUESIONS OF THE WEEK

(Editor's note: Here are the questions asked most frequently by Virginia farmers during the past week, as reported by county agricultural agents. Staff members of the VPI Agricultural Extension Service and Experiment Station supply the answers).

Q. Will fertilizer - heptachlor mixtures for alfalfa weevil control also contain boron?

A. Yes, the heptachlor is being put in the borated fertilizers.

Q. Should I keep some of my beef calves to sell later?

A. The market is good now, and it is doubtful if prices will be much, if any, higher in the spring.

Q. Should I graze alfalfa that has grown up since the last cutting?

A. Grazing or removing a part of the last growth after growth stops in the fall will cause less harm than cutting during the period three to four weeks before the average date of the first killing frost and the time growth stops. Greatest injury will result when the alfalfa is grazed at about the time of the average date of the first killing frost. If you do graze it after growth has stopped, be sure to leave some growth or a mulch for protection of the crowns through the winter.

Q. Is it too late to include orchard grass in my fall seeding of small grain?

A. It is a little late for highest yields of orchard grass, but you may still prefer to do it because of convenience.

Q. What variety of hybrid corn will be recommended for silage next year?

A. VPI agronomists will hold their annual meeting in December, at which time they will review research results and adjust recommendations. The answer to your question will be forthcoming then.

Q. Is it too late to seed alfalfa and permanent pasture?

A. Unquestionably, yes.

Q. How long after sorghum has been killed by frost is it safe to graze? Second-growth sorghum has come up in my winter pasture.

A. You have a real problem. Sorghums are unsuitable for pasture generally and are unsafe to graze in all stages of growth except after the plants are mature and no new growth is present. Even mature sorghum is unsafe to graze after it has been frosted. You can take a chance and graze it after it is completely dried, but it would be a good idea to run some test animals before putting the whole herd on it.

Q. Will frosted alfafa harm cows?

A. You run a risk if you feed any frosted forage.

Q. Can I make any money feeding out these high-priced feeder calves?

A. That's a hard question to answer. It will depend on many things —your own management practices, the feed you have available, what markets you have, etc.

NEWS FOR VETERANS

Hospital administrators from across the nation received some expert advice on managing their hospitals from an 80-year-old grandmother in Washington, D. C., recently.

She is Mrs. Lillian Gilbreth, of New York City, and Montclair, N. J., pioneer developer of work simplification, industry consultant, and mother of the twelve children of the book "Cheaper by the Dozen."

Speaking before a group of leading Federal hospital administrators attending the semi-annual Veterans Administration Institute for Hospital Administrators, Mrs. Gilbreth said American management needs to add more "why-how" to its famous "know-how."

"Why-how" — taking a new and open-minded look at why, how, and by whom jobs are done — is the key with which better work systems can be devised, she said.

More attention to principles of work simplification, or organization and methods improvement, so profitably used in industry, can produce greater savings in time, effort, and expenses of operating hospitals, Mrs. Gilbreth said.

OF INTEREST TO VETERANS

Handicapped children of deceased war veterans have been given two "breaks" by an amendment to the War Orphans Education program, recently signed into law by the President.

Veterans Administration explained them this way:

First, the new law now allows young men and women with handicaps to begin special types of War Orphans training when they reach age 14. Previously they generally had to wait until their eighteenth birthday to begin.

Types of training they can take at age 14 are special restorative training (such as Braille reading), lip reading or other courses designed to overcome handicaps) or special vocational training.

Second, the law now authorizes VA to approve the enrollment of handicapped young people in rehabilitation centers offering special training. Included are centers operated by State or local governments or by private agencies. These enrollments were not originally provided for under the program.

War Orphans Education is for the sons and daughters of World War I, World War II or Korea veterans who died in military service or from service-connected conditions after their discharge.

CLEAN SPRAYING AND DUSTING EQUIPMENT BEFORE STORAGE

There're still some odd jobs left for the home gardener, say specialists at VPI.

For instance, wash out all sprayers carefully to remove spray residues. A weak vinegar solution will help. After the sprayers have been thoroughly washed out, coat the tank and other metal parts with a thin covering of oil, and hang in a dry place.

Don't wash the duster, but carefully brush out the dust with a stiff brush. Some of the outside metal parts might be oiled, but be careful not to get oil inside the duster as it will tend to cake the dust that will be used next season. After the duster is thoroughly cleaned, hang it in a dry place for storage.

Most left-over chemicals can be used next year if they are stored in a dry place in air-tight containers. Label the chemicals carefully, so you won't make any mistakes in using them next year. A good way to store chemicals is to put them in a glass fruit jar which can be sealed tightly to prevent absorption of moisture or undue evaporation.

Store away from children and animals.

Fear of bomb causes Arlington church to halt service Sunday.

Dulles flies to Formosa for conference with Chinese Nationalists.

Subscription rate: $2.00 a year; payable in advance.

Play safe — drive carefully.

Appomattox is a growing town.

COLORED DOTS

By Mrs. Louise Canada

There will be funeral services for Mr. William W. Jones at the St. Luke Baptist Church Tuesday. He passed away Saturday at his home in Lynchburg. He is the brother of Mrs. B. M. Elliott

Mrs. Carrie V. Elliott and her nephew, Mr. William W. Tweedy, and his friend, Mrs. Louise Fletcher, were recent visitors in Mrs. Elliott's home here. They also visited in Greenwood, S. C., in the home of Mrs. Fletcher's sister. The three have returned to Pittsbourgh, where they now reside.

Mr. Murtain Haskins has returned to his home, in Pamplin, after helping his brother-in-law, Mr. Chas. H. Canada, save hay.

Recent visitors in the home of Mr. S. M. Hunter were Mr. and Mrs. Chas. H. Canada, Mr. Murtain Haskins. Mr. Hunter is improving.

Mr. and Mrs. Watson, teachers in Charlotte, stopped by the home of Mr. and Mrs. R. L. Burke to have a short visit recently with Mrs. Louise Canada.

Mrs. Louise Canada returned on Monday from a week-end visit in the home of Mr. and Mrs. Graham Young, of Bluefield, W. Va., and also to attend the game coming football game Field State and the W colleges. While there Young took her over Va., where her parents family lived when the dren. There they took Exhibition Mass, and church that they attend house they first lived in.

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H. S. NEWSCAST

Peggy Godsey

Virginian Reporter

Tri-Hi-Y News

The Tri-Hi-Y held its meeting on Oct. 17. We introduced the guest speaker, of Lynchburg. He spoke on the purpose of the Club and urged the representatives to all meetings and conferences.

Miss Ann Cunningham, presided over the business session. Many matters were discussed and their alternates were selected to attend the District Tri-Hi-Y meeting at Altavista. The delegates were Miss Ann and Peggy Godsey, Sue Hanson and Audrey Wright, alternates.

Games were conducted by Miss Barbara Gilliam, after the meeting was adjourned.

Hawkins Dance

The Home Economics Club sponsored a Sadie Hawkins Dance on Friday, Oct. 24, in the school cafeteria. Everyone came to one dressed as Li'l Abner or Daisy Mae, characters in the comic strip. The girls asked the boys and pay for the dance. The admission was .75 a couple, and .75 a stag. Master of ceremonies: Kitty V. Wood.

Assembly Program

A program was held in the high school auditorium Wednesday, Oct. 22. The program given by the deleguates attended the Boys and Girls State of Virginia. Barbara Burke, Terry Sanders and Peggy Barbour, president of the class of 1957-58, presided. The program was under the direction of Miss Wiley Morris, a former student and instructor in the school.

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Photography Club

The Photography Club of Appomattox High School held its first regular meeting of the year on Friday, Oct. 17. Officers are:

Walter Hancock, president
Glenn Morris, vice-president
Emily Wood Burke, secretary-treasurer

Donald Gurney, reporter
Mr. LeRoux, club sponsor.

Our goals in the club will be to improve our knowledge of cameras and basic photograph. We hope for each member to learn better camera and film developing techniques. Mr. LeRoux has urged members to enter at least one photograph per month into the various national contests. A file will be kept for the purpose of showing improvement in habits and to keep negatives of photos entered in contests.

Reporter: Donald Gurney.

Sophomore Class

The Sophomore Class of Appomattox High School held its first meeting Tuesday, Oct. 14. Officers elected were:

Larry Torrence, president
Hunter Tolley, vice-president
Teddy Garrette, secretary-treasurer

Donald Gurney, reporter.

Carol Ann Walton was chosen to represent the class as home-coming princess. The class decided to enter a float in the home-coming parade.

Reporter: Donald Gurney.

In FASHION now

The winter cotton is having its heyday right now. There is nothing more comfortable or more attractive for "Indian Summer" than this type of garment.

There are endless textures and colors to choose from. Many of the fabrics look like wool, but are much cooler. They can be worn successfully to any occasion, at any hour of the day or evening.

One of New York's leading department stores has opened a "Leather Corner." It contains more than forty coat styles from which to choose.

Some coats have distinctive details such as fallgator trim on smooth leather.

You will even find one soft leather coat fashioned in the "Trapeze" style. Others have luxurious mink collars.

A good leather coat can be purchased for as low as $65.00. However, the prices go up to $300.00.

SELLING TURKEYS IN QUARTERS MAY BE DESIRABLE

Selling turkeys in quarters might be a good idea, says Denver B. Bragg, poultry specialist at VPI.

He reports that tests were conducted in the Chicago area with quarters from birds weighing 18 to 25 pounds, to show the possibility of profits in selling turkey in this form.

Demonstrators were used in the stores, but there was no advertising. Front quarters sold at 53c a pound, high quarters at 49c. Sales for the test week-end were double those of the previous week-end when turkeys were featured and sold at 39c a pound for birds weighing from 18 to 25 pounds.

PEANUTS GAINING IN POPULARITY

People are eating more peanuts, with peanut butter showing the biggest gain in popularity in the past year.

D. Upton Livermore, agricultural economist at VPI, reports that the civilians of this country ate 4.9 pounds of shelled peanuts during the 1957-58 marketing year just ended, a rise of 0.1 pound over a year earlier. The increase was largely in peanut butter. About 4.0 pounds were consumed in the form of peanut butter, salted peanuts, and in candy. Nearly a half pound was used as roasted peanuts, and the rest was used as food on farms. Farm uses for seed, feed, and loss and shrinkage have been relatively stable in recent years.

The manufacture of peanut butter accounts for as many peanuts as all other peanut food products combined. In the 1957-58 season, about 694,000,000 pounds of edible grade, raw shelled peanuts were reported as used directly in the manufacture of primary products. About 356,000,000 pounds, of 51% of the total were used in making peanut butter. About 25% of edible grade peanuts were eaten as salted peanuts, 20% in peanut candy, and 4% in peanut butter sandwiches and other uses.

In the manufacture of peanut butter, the runner type peanut is most widely used. In the salting trade the Virginias are the most important. In the production of peanut candy, the Spanish peanut is top.

A. H. S. leaves undefeated list in football, after loss to Danville. H. S. here last Friday night.

Eisenhower ends political barnstorming tour in West.

Try a Classified Adv.

Farm News

By J. A. Smith, County Agent

Modern methods in farming have not eliminated the traditional practice of farm butchering. Nor have they removed the hazards which often result in accidents during the butchering season.

Observe the simple rules of safety and avoid the usual run of accidents during the coming butchering season, warns Jim Smith, county agent.

The agent says falls because of slippery footing are one of the greatest causes of injuries. Ice should be removed and ashes sprinkled on the ground where the butchering is to take place. If the job is done indoors, sand, sawdust, or crushed rock salt help the footing.

Check hoists to be sure they will sustain the weight that is to be placed on them. Avoid weak ropes, worn pulleys, and rotten tree limbs.

Smith offers these suggestions to make butchering operations safe:

Keep all butchering knives in a safe rack when not in use. Keep knives sharp and handles in good condition. Observe all the ordinary precautions with firearms used for stunning the animal. Use a tamper to force meat into the meat grinder. Keep children away from all butchering operations. Clean or mop up all grease from floors immediately. Use extreme care in handling the scalding water. Whet knives away from the body. Avoid strain from overlifting. Always cut or chop away from the body.

Weaning Calves Successfully Takes Thought, Planning

It isn't as simple as you might think to wean a calf from its mother.

Curtis Mast, animal husbandman at VPI, says to do a good job of weaning calves, the cattleman must use a lot of time, effort and thought. It he doesn't, he stands to lose.

If calves are being weaned and kept on the same farm on which they are raised, the first problem is to get them out of hearing distance of their mothers. If the calves and mothers do hear one another they will be upset, refuse to eat, and think of nothing but getting back together for a few weeks. He says to move the calves away from the mothers and place them in a reasonably dark, dry, airy barn. The same conditions are desirable if you buy calves away from the farm. Be sure they cannot see or hear other cattle until they have been thoroughly weaned and taught to eat.

A small amount of oats and bran or any other kind of farm grain can be used the first few days to start the calves eating. It's also a good idea to use a choice leafy hay to induce them to eat their fill.

Calves which have been bought and run through public hauling facilities or stockyards often will have some shipping fever. Watch for this and stop it early so it will not spread through the entire herd. Providing the right conditions and getting the calves on feed quickly will reduce the incidence of disease.

When the calves have passed the danger of sickness, are eating well, and have forgotten their mothers, they are ready to put on pasture. Preferably they should be turned out on aftermath pastures where there is a good fall growth, or on small grain which has enough growth for grazing. Shy away from turning calves in broomsedge fields or brier patches immediately after weaning. Let them have the best grass available. When the grass starts getting short, given them additional feed.

It is easier to keep them gaining than it is to bring them back after they have starting losing weight.

Give calves the best quality hay and silage you have on the farm. Must advises. Feed a full feed of roughage. Give the calves all they will eat then feed a protein supplement and enough farm grain to obtain the desired gains.

For instance, if you are going to winter the calves and graze them the folowing year to be sold as yearling feeder cattle, you will want most of the gain to come from pasture, and won't be so interested in early finish or excessive flesh, and about a pound of protein supplement and 2 pounds of farm grain will be plenty. If you are planning to graze them on grass the following summer, and sell as slaughter cattle, or if you are going to put them in the feed lot and finish them early, you will want to winter them at a higher rate so they can be moved earlier.

TIRED OF LOAFING

Davenport, Iowa.- Among the freshmen enrolled at St. Ambrose College this autumn is a 79-year-old student.

"I just got tired of loafing," said Henry Zimmerman, retired foundry engineer and former inspector of ships for the Navy.

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